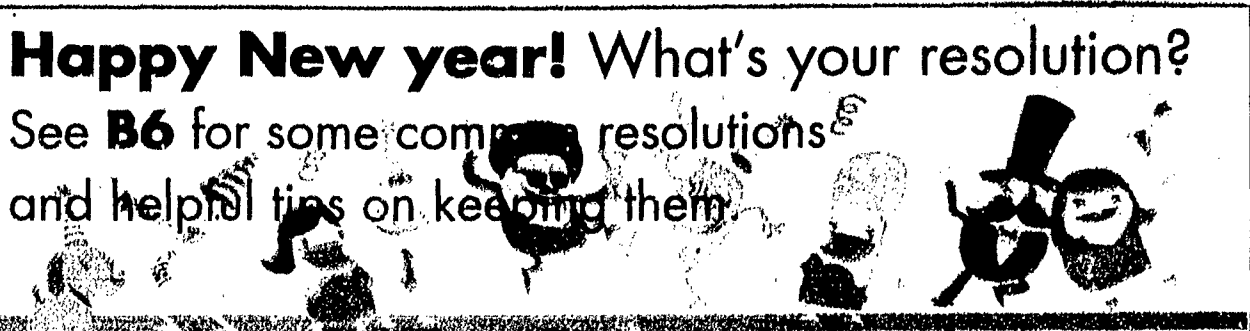


**IT'S COOKIE TIME!**  
 ...smiling faces  
 ...soon to be seen  
 ...and Maryville!



See A3 for full story

**Happy New year! What's your resolution?**  
 See B6 for some common resolutions  
 and helpful tips on keeping them.



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# NW MISSOURIAN

CONVERGING CAMPUS & COMMUNITY

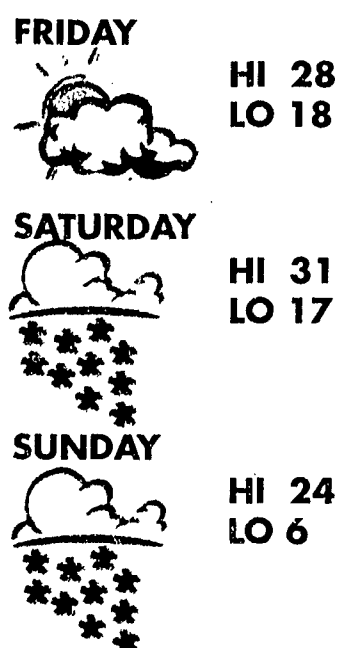
THURSDAY  
 Jan. 11, 2007  
 V81 / N15  
 www.nwmissourianews.com

## WEEKENDWEATHER

**FRIDAY**  
 HI 28  
 LO 18

**SATURDAY**  
 HI 31  
 LO 17

**SUNDAY**  
 HI 24  
 LO 6



## MONTGOMERY TRIAL

Two hundred prospective jurors have been called up to the federal courthouse in Kansas City. They are to be questioned on feelings regarding the death penalty and what they know about the murder kidnapping case involving Lisa Montgomery, the Melvern, Kan., woman charged with killing Skidmore resident Bobbi Jo Stinnett and cutting her unborn baby from her womb. The trial is set to begin in April.

**FRIDAY**  
 Last day to drop a trimester course for full 100 percent refund.

Last date for departmental test-out

**SATURDAY**  
 PRAXIS, 8 a.m., Colden Hall, 3rd Floor

Women's and men's basketball vs. Pittsburg State at Bearcat Arena

**SUNDAY**  
 Late registration ends

**MONDAY**  
 Martin Luther King Jr. Day  
 No classes

First installment due

**TUESDAY**  
 Intramural table tennis singles begins, 6:30 p.m. in the Student Rec Center

**WEDNESDAY**  
 Education majors mandatory meeting for fall 2007 student teachers, 3:30 p.m., Union Boardroom

Intramural dodgeball entries close, noon

**HEARTLAND VIEW**  
 The new Heartland View Web site is up and running. Check it out at Heartlandview.com

**KNWT CHANNEL 8 PROGRAMMING SCHEDULE**  
 Monday-Thursday  
 7 p.m. Etc.  
 7:30 p.m. Inside Northwest  
 8 p.m. Bearcat Update

Visit the web for:

A chance to vote on who you want to win Bearcat Idol next Thursday at the Mary Linn Performing Arts Center. Go online Thursday to see the final results!

## —MINIMUM WAGE

# City copes with rising wages, prices

By Kristin Summers  
 University Editor

Though the minimum wage increase has only been official for a week and half, it has already started its rippling effect.

Bobby Thompson, owner of Mr. Goodcents, said the local restaurant raised its prices the beginning of the year because of minimum wage. He said restaurants have the choice to either raise prices or cut staff and that the increase isn't helping small businesses.

Other restaurants have raised their prices as well. The Mandarin and Happy Garden have both raised their prices since the year began.

Sharon Ye, manager of Happy Garden,

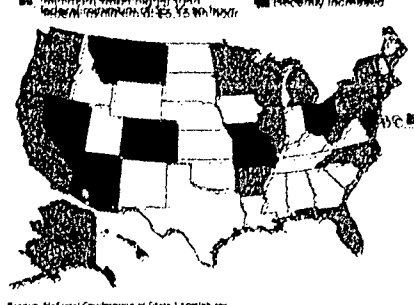
said prices have gone up because of minimum wage this month. However, the increase isn't the only reason why The Mandarin's prices have increased, said Shuwen Ye, owner of both. Distributors pricing also plays a role.

"Everything went up, it's not just us," Shuwen said.

Though some restaurants said their prices increase at the beginning of the year due to minimum wage, others will not comment on the correlation between the two.

Local restaurants are not the only busi-

## States increase minimum wage



Source: National Conference of State Legislatures  
 Copyright: Chicago Tribune

Even though it's affecting local businesses, the increase is not affecting Maryville city jobs, City Manager Mike Rietz said.

Sean Burge, the executive director of Nod-

nesses feeling the brunt of the increase so far. The Maryville Community Center raised their memberships fees, Megan Crawford said, an employee at the center.

The center put up a sign on their door to let patrons know of the membership increase. However, there are still complaints about the price, Crawford said.

away County Economic Development, said since the consumer price index went up as well as minimum wage, prices in businesses will continue to rise with minimum wage.

"It affects every county the same," Burge said.

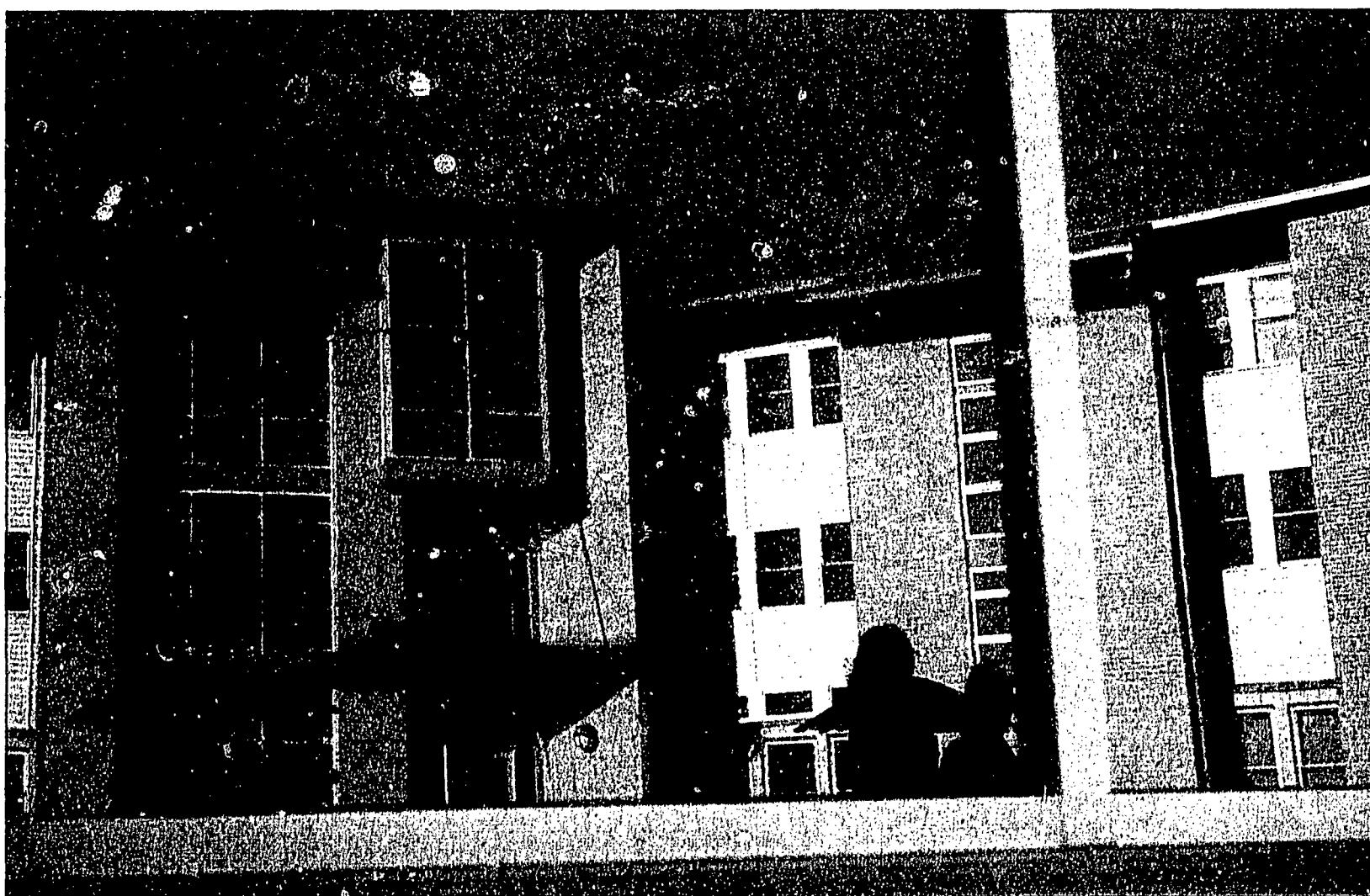
Burge wonders how some families live off minimum wage and questions if people living off minimum wage could have the money to own a house or a car.

He also said the government has to do something because the increase isn't keeping with inflation.

"The fact that the minimum wage legislation is tied to the consumer price index, we have a situation where both prices and wages will continue to increase within the state in the in the short term," Burge said.

## —UNIVERSITY FEES

# HomeSweetHome?



photos by misty kucinski / staff photography editor

(above) **THE TOWER** suites offer non-freshmen students the opportunity to live on campus and out of the high-rise residence halls for a now steeper price. (below) **WITH THE** increase some students are choosing to live off campus for nearly half the price at such apartments as Fox Alley.

## Room and board on the rise

By Lindsay Jacobs  
 Asst. Features Editor

It's happened before and it's going to happen again.

Northwest room and board rates have been on the rise for the past several years, and this year is no different. A 7 percent increase will go in to effect for the fall 2007 trimester.

The Board of Regents approved the increase at their December 15 meeting.

Factors causing the rise include inflation, the minimum wage increase, the increase in benefits and salaries of the

dining staff and the increase will help pay for the debt of residential hall projects.

Ray Courter, vice president of finance and support services, said the process approving the increase began with the Auxiliary Budget Team who had meetings to discuss the issues.

From there they made a recommendation on what needed to be changed. The recommendation was handed out and discussed with the Cabinet, Student Senate and the Residence Hall Association.

see **HOME** on A6



## —POLITICS

# Welfare, economy top initiatives

## Students, citizens show Iraq concern in light of Congressional control

By Dominic Genetti  
 Senior Reporter

Democratic leaders are entering their new reign of leadership with several initiatives and issues impacting the U.S. economy and welfare.

While minimum wage, homeland security, Social Security and the possible reinstatement of a military draft are some of the large issues, big talk continues to surround the war

in Iraq and the supply of American soldiers.

Not only is this a concern among politicians in Washington, D.C., but it is also a concern of local residents and students. The concern was so large for some the vote for Democratic seemed to be a must.

Northwest sophomore Barry Grass said there just needs to be change.

"I voted for Democrats because

I'm not a fan of current economic policy the Republican Party has," Grass said. "They pitched the idea to the voter they could do something about the problems voters saw and they need to come through with those promises."

Grass said progress should be a concern as well.

"If they [Democrats] can't make any progress on the issues the voters care about, then I don't even know what that's going to say for the next round of elections in '08," Grass said. "If this Democratic controlled Congress can't get what the voters

want, I'm not sure who they're going to vote for."

However, Northwest senior Katie Cudzilo didn't see much impact in the new developments on Capitol Hill.

"I can't imagine it would be that significant," Cudzilo said. "We only see the media side anyway, so maybe we don't need a change."

Others like Dave Logsdon, an Andrew County resident, believe the country's leadership needed some control.

see **INITIATIVES** on A6

## —COMMUNITY

# New principal quest in progress

## School Board decides not to renew contract

By Andrea James  
 Chief Reporter

Maryville High School begins its search for a new principal.

The Maryville School Board decided in an executive session to not renew Principal Ron Landherr's contract for the fall of 2007—'08 school year.

The decision resulted from the district's reevaluation process, Superintendent Vickie Miller said. Miller declined to comment further.



Ron Landherr  
 Maryville High Principal

"The district will not discuss individual personnel," Miller said.

Landherr was unavailable for comment.

Landherr has been the principal at Maryville High School for 15 years. During his tenure he has implemented many programs intended to increase communication between the school and its students.

"Ron Landherr deals with pretty much everything that has to do with the school," Miller said.

The Youth Safety Task Force formed last year to increase safety in the high school, according to Maryville.k12.mo.us. This program includes a school resource officer, the chief of public safety, Maryville city manager and many others.

It created rules to make the school a safe environment for the students.

Some of the rules include all doors except the main and west entrances should remain locked, classroom doors should also be locked during class hours, bags and any kind of jackets or coats are to be left in lockers during the school day and cars need to be registered with the high school office and cannot be moved during the day.

The Parent Advisory Team was also established during Landherr's employment at Maryville High School.

This program collects information from the parents, students,

see **PRINCIPAL** on A6







## OUR VIEW

### Make resolutions count this year

Resolutions can be as pointless as Kevin Federline's singing career. They may seem like a good idea, but in the end it may be best to just forget they even exist.

Some of us at the *Missourian* are resolving not to resolve things we'll never accomplish in 2007. Instead of setting outlandish expectations for ourselves of losing 75 pounds or quitting smoking cold turkey, we are going to merely resolve to be happy with what we have and are—something we urge each of you to do.

Now, don't get us wrong, the right resolution with adequate determination is admirable, attainable even. Resolving to send your loved ones more letters or donate to your favorite charity frequently are goals to be commended. But it is time to stop this tomfoolery of trying to magically transform into something you're never going to be because the ball dropped on New Year's.

Life isn't a fairy tale and you're not going to magically transform like Cinderella at the stroke of midnight, so you need to get this notion out of your minds.

Maybe an even more important notion to ponder is why some of us want a fresh start. Save the fact you may have had something traumatic happen to you the previous year, 2006 and all previous years happened for a reason and should be periods of time you are proud of and want to remember.

We spend so much of our time trying to change who we are. We think it's great if you want to lose a few pounds or quit smoking, but why wait for the beginning of the year, put so much anticipation on the resolution and end up failing? If you do insist on setting resolutions this year, the University of Maryland Medical Center Web site has some tips for keeping them—even if for a few weeks longer this year.

"Focus on realistic goals with measurable results," said Jill Rach-Beisel, M.D., director of community psychiatry at the University of Maryland Medical Center and an associate professor of psychiatry at the University of Maryland School of Medicine. "You need to break things down into small steps that you can manage."

The medical center also suggests sharing your resolutions with others, avoiding perfectionist thinking and setting goals that truly have meaning to your life.

Instead of trying to lose 75 pounds, try to lose a pound every week. We know Americans demand instant gratification when it comes to things like weight loss and resolutions, but what's the point of aiming to lose an immense amount of weight only to not lose anything at all or worse, gaining it all back because you didn't set an attainable goal and gave up.

All in all, life isn't a bad bet. Be thankful for what you have and if you really only have five vanity pounds to lose, don't beat yourself up over it. Life really is about wanting what you have.

Even better yet, maybe resolve not to resolve this year, and work on being a better person or being thankful all year long.

## A MINUTE WITH MIKE

The 94th General Session convened on Wednesday, Jan. 3 with much pomp and circumstance. I was both humbled and excited as I was sworn in as Fourth District Representative and became a part of the body that will strive to move our state forward and make it a better place for our citizens. Listening to the speeches given by the House leaders reiterating past accomplishments and outlining their goals for the coming year, I was reminded of the daunting task ahead and the responsibility entrusted to me by the people of northwest Missouri.

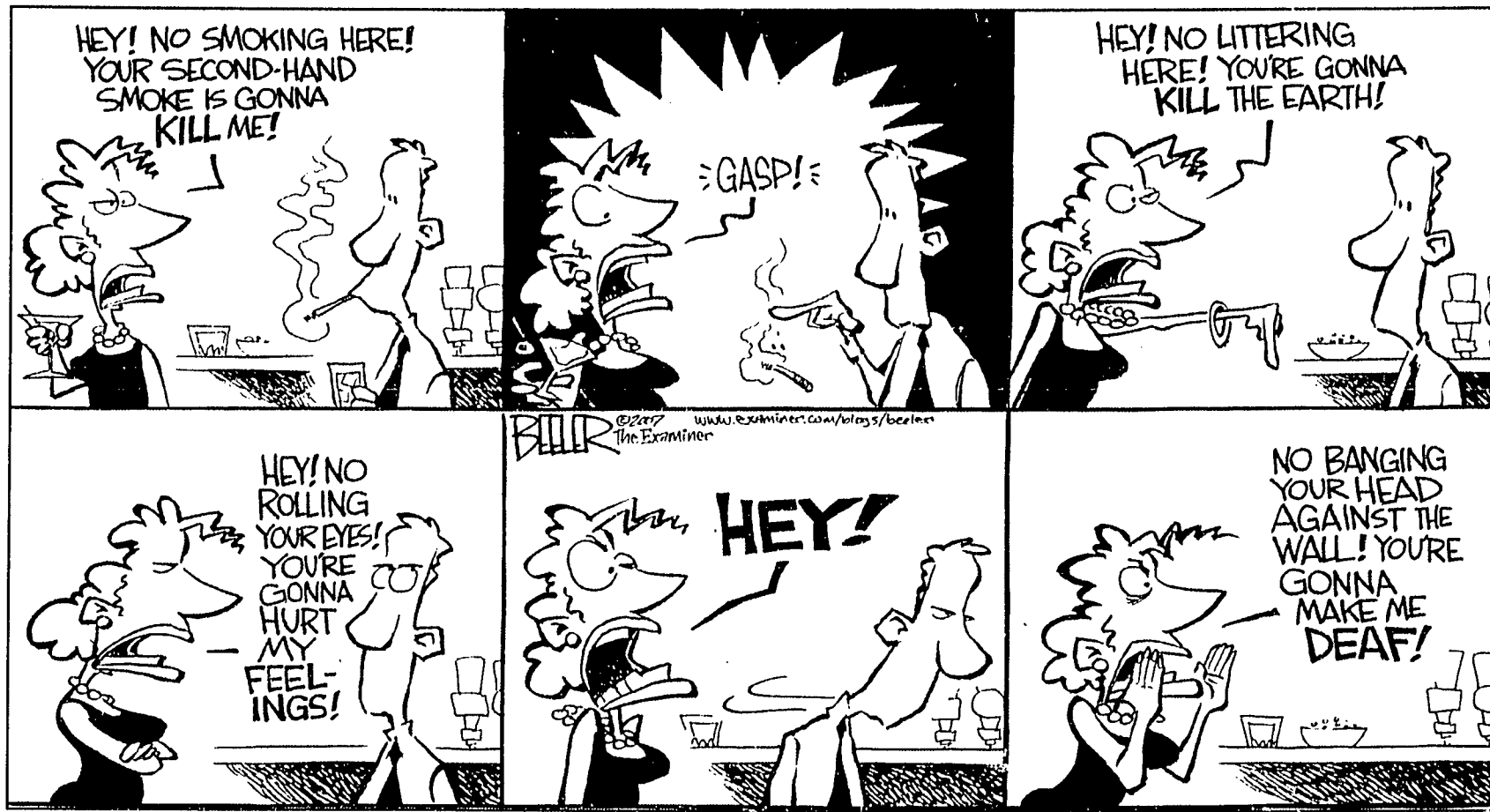
I thank you for giving me this opportunity. I especially appreciate my wonderful family, friends and supporters who made the trip to Jefferson City to share in an unforgettable week. In a whirlwind of activities, emotions and new experiences, there is a realization of how much is to be learned. I will strive to make this new journey fruitful and productive for the people that I am so proud to represent.

As previously promised, I filed a bill on my first official day in office relating to school safety to give our

schools the ability to create a safer atmosphere for our children. It deals primarily with the identification of and the sharing of information about potentially violent students and situations, with disaster preparedness—making prevention a priority for school safety and with better coordination of social services with the schools. This fits very well with what was listed as one of the priority issues to be dealt with in this session. We must provide our teachers the protection they need to maintain a disciplined classroom and help them provide a safe environment conducive to learning. The well-being of our children and the educational opportunities provided will always be of utmost importance to me.

As we begin an exciting new adventure I would like to wish you all a very Prosperous and Happy New Year. You may reach me at my Capitol number (573) 751-9465, by e-mail [mike.thomson@house.mo.gov](mailto:mike.thomson@house.mo.gov) or by mail at Room 406A State Capitol Building, Jefferson City, Mo. 65101.

—Mike Thomson, 4th District Rep.



## COLUMN

### Campus housing costs rise once more

While most of us were spending time with family, working or "Facebooking" relentlessly over our winter break, Northwest announced a housing rate hike for the 2007-2008 school year.

Luckily for me, I've been exempt from on-campus housing for two years now.

I was "lucky" enough to experience the joys of living in the high rises my freshmen year and in Roberts Hall my sophomore year.

But don't read my sarcasm as all bad—on-campus living has its perks.

For example, I enjoyed getting up five minutes before class, throwing on a hoodie and sweatpants and walking a whole 100 feet from my dorm to Wells Hall every weekday.

I also enjoyed having an actual meal plan, getting coffee every morning and not having to worry about the simple inconveniences like paying a water, electric or propane bill every month. I spent a lot less money on gas for my car, and I never had a horrible roommate(s) experience like some.

Having said that, I must say that

I'm not for sure why anyone would want to stay on campus outside of the required freshmen year, especially after this latest rate hike.

I live seven miles outside of Maryville and I love it. Last year I lived in a nice apartment complex just off of North Sixteenth Street and paid close to \$300 in rent and utilities. This year I live in a much nicer, bigger house in the country and pay the same amount.

To live in the high rises next fall incoming freshmen will pay \$200 more per semester. The Tower Suites will cost \$158 more, and the "modified suites" (i.e. Roberts) will pay \$149 more.

Those of you in the apartments will only pay \$40 more, but considering you now pay \$426 plus

utilities—I think you may have to have some serious reasons to live there in the first place. You will be paying close to \$500 per month to live in an apartment with up to five others and have bedrooms with no closets—only wardrobes.

Maybe on-campus living suits you the best. You may like the campus atmosphere or you may not have a vehicle to get around in.

But for those of you who have the option of living on or off campus next year my piece of advice is to look around first. I'm sure some Maryville landlords will up their prices to accommodate for the higher water and gas prices—but some are bound to be more reasonable than the upcoming on-campus rates.

## COLUMN

### Explosion still a source for inspiration

As a collegiate journalist approaching the halfway point of my career, I've begun to look for opportunities to get my feet wet in the so-called "real world" of journalism.

Over our holiday break, I succeeded in obtaining an internship (my first) at my hometown newspaper this summer. A small start, but after talking with staff members, along with the paper's top editors, I believe it could lead to bigger and better things.

However, no matter how memorable an experience this and other internships offer me, it won't be enough for me to brush aside the lessons I learned during my first year working for the *Missourian*, one year ago, where the "real world" of journalism came at us full force.

Our first issue of 2006 was going to be a pretty standard one, as I recall. There wasn't anything

too big happening on campus, and the city seemed pretty quiet as well.

Then Wednesday night rolled around. I don't think any of us in the newsroom that evening actually felt the Hall house explosion on South Alco Avenue, unlike other students and Maryville residents. But I think I speak for everyone when I say we all felt the subsequent intensity and adrenaline rush of a new staff under pressure.

Facing deadline, we had to handle the explosion with utmost professionalism. We sent out two of our best writers, Dennis Sharkey and Sean Comer, to cover the blaze and the destruction. Mike Dye, our photography editor, hurried on foot to the scene from a game at Bearcat Arena to take the jaw-dropping photographs that would add a stunning visual element to our coverage.

Back in the newsroom, we kept our ears glued to the police scan-

ner for any new developments and fielded frantic phone calls from Laura Widmer, our adviser, and South Alco resident. Meanwhile, Editor in Chief Stephanie Stangl and Design Editor Kristine Hotop began to tear apart a nearly completed A1 package to create the powerful "Fatal Explosion" cover that would jump out at readers from newsstands the next day.

My role that evening was, by comparison to my colleagues, pretty minimal. I offered my help to whoever needed it, but at the time, as someone new to the whole process, I could honestly do little more than that.

However, there was one thing I did do. I observed. And what I observed that Jan. 11 is the reason why I'm still a part of this organization, and for that matter, a student of this industry.

Journalists are criticized on many levels. Some say we're too biased, others complain we're careless and inaccurate. Others accuse us of being downright malicious, morbid and insensitive.

I'm sure they have their reasons, but it's hard for me to take

their grievances too seriously after watching the *Missourian* staff that night. I've never seen such dedication and hard, hard work. I knew I made a right choice when I chose to pursue mass communication at Northwest, but what I saw a year ago, and in the months since, made me proud of that decision, plain and simple.

Our jobs are fun and stressful, valuable and mind numbing. But through it all I've realized that this is what journalism is all about. It's about producing your best, no matter what you have to do or when you have to do it. It's about grabbing some things by the horns, while leaving other, perhaps more desirable things, behind.

Whether I remain in the newspaper business after college is still up in the air, but whatever job I take, I know I'll be sure to take with me the things I learned that very first deadline. From the moment I saw the final product of that long night, I told myself that I would always bring my best to every organization with which I work, and constantly shoot for the unwavering dedication of Jan. 11.

## PUBLIC SAFETY

**Dec. 14**  
■ Everett R. Walden, 65, Maryville, code violation, 1100 block E. Thompson

■ Cynthia L. Hunt, 47, Maryville, code violation, 200 block W. Fourth

■ Burglary-attempt, ongoing investigation, 700 block E. Seventh

**Jan. 1**  
■ Assault, ongoing investigation, 700 block N. Mulberry

**Jan. 5**  
■ Possession of a controlled substance, ongoing investigation, 200 block W. Fourth

**Jan. 6**  
■ Property damage, vehicle, 200 block S. Buchanan

■ Kristina J. Bradley, 19, Bethany, Mo., failure to appear, 400 block N. Market

## OBITUARIES

**Ronald Edwin Watkins**, 52, Maryville, died Sunday, Jan. 7, 2007, at his home.

He was born April 22, 1954 in Maryville, Missouri to Doyle and Coleta (Conrad) Watkins.

A 1972 graduate of Maryville High School, Ron served his country in the U.S. Army. He had been employed with Whelan Security in Kansas City, as a security guard.

Ron was a member of the Maryville First Christian Church, was awarded the Eagle Scout as a member of Boy Scout Troop No. 74, and was a loyal Northwest Bearcat Fan.

He is survived by his parents; two brothers, Bob and Gail Watkins, Jefferson City, Mo., and Roger Watkins, Indianapolis, Ind.; niece, Kelli Watkins, Hattiesburg, Miss., and nephew, Jonathan David Watkins, Warrensburg, Mo.

Funeral Services will be at 10:30 a.m. Thursday, at Price Funeral Home Chapel, Maryville. A visitation will be held from 7-8 p.m. Wednesday also at the funeral home.

Burial will be at Oak Hill Cemetery, Maryville.

**Robert John Bixler**, 80, Maryville, MO, died Saturday, Jan. 6, 2007, at Beverly Healthcare in Maryville.

He was born July 7, 1926 in Minneapolis, MN to George Bixler and Clara (O'Brien) Bixler. He preceded him in death.

A 1944 graduate of Geneva, Illinois High School, he received his bachelor of science degree in Mathematics from Northwest Missouri State University, Maryville in 1948.

He married Patricia Ann Bosch on Sept. 5, 1948 in Maryville.

While serving as a Naval Aviator in the U.S. Navy, Bob was involved in an airplane crash in 1954 in Panama. He was a member of the Maryville First Christian Church.

He is survived by his wife, Patricia Bixler of the home in Maryville, two sons: Stephen Michael and wife, Julie Bixler, Lees Summit, Mo., Timothy Brien and wife, Julie Bixler, Mandeville, La., Grandson, Chad Bixler, Lee's Summit, Mo., granddaughter, Elizabeth and husband, Michael Carr, Washington, D.C., and brother, Gordon and wife, Dorothea Bixler of Boise, Idaho.

Funeral Services will be held at 1 p.m. Wednesday at Price Funeral Home Chapel, Maryville, with a visitation to be held prior to the service, from noon to 1 p.m.

Burial, with full military honors, will be at Nodaway Memorial Gardens Maryville.

**Neola Marie Beatty Rauch**, 96, Maryville, died Wednesday, Jan. 3, 2007, at Beverly Healthcare in Maryville.

She was preceded in death by her husband, Ora Rach; two infant daughters; parents, J.F. and Nellie Auten Beatty; brother, Orlo Beatty and sister, Viola Bower.

She is survived by her family: Marjorie and Paul Hansen, Maryville, and their children, Justin and Jennifer Hansen, Sun-

rise Beach, Mo., and Ashley and Heath Reynolds, Columbia, Mo.; Don and Debbie McDonald and their sons, Eric and Curt McDonald, Leawood, Kansas; Miles "Mick" and Kayla McDonald and their children, Jessica, Meghan, Kaitlin, Miles, Jenna and Korrin McDonald, Leawood. She is also survived by many nieces and nephews.

A graveside service and inurnment will be held on noon Friday at Rose Hill Cemetery, Parnell, Mo. The family will meet friends and relatives at Price Funeral Home Chapel in Maryville from 10:30-11:30 a.m. prior to the service.

Memorial contributions may be made in Neola's name to the Maryville Public Library Memorial Fund. Children's books will be purchased in honor of Neola's special relationship with children.

**Vesta Catharine Sheridan**, 79, Maryville, died Saturday, Jan. 6, 2007 at Beverly Healthcare in Maryville.

Born Sept. 10, 1927 in rural Ravenwood to James and Catharine Holt Sheridan, she was a lifetime caregiver to the elderly and children.

She graduated from Horace Mann High School in 1947 and was a member of the United Methodist Church, Maryville. She was also a member of the Shell Grove Club and the Order of the Eastern Star, Quitman.

She was preceded in death by her parents; one brother, Jimmie Sheridan; one sister, Barbara Purdy; and one niece.

Survivors include two brothers, Ronald Sheridan, Shirley, Mass., and Gary Sheridan, Canon Falls, Minn.; one sister, Carolyn Wilmes, Savannah, Mo., and nieces and nephews.

Visitation was held Tuesday at Price Funeral Home, Maryville. Funeral services will be held at 10 a.m. at Price Funeral Home Chapel. Burial will be in Nodaway Memorial Gardens Cemetery, Maryville.

Memorials may be made to the American Diabetes Association, 10580 Barkley Parkway, Suite 400, Overland Park, Kan. 66212.

**George W. Barratt**, 80, died Jan. 4, 2007 at his home in Maryville.

A retired mathematics professor, Barratt taught in Quitman, King City, Hickman Mills, Mo., and 25 years at Northwest in Maryville, retiring in 1988.

He was born in Mt. Moriah, Mo., on March 25, 1926, the son of James T. and Maude (Hitchcock) Barratt. Soon after graduating from high school in 1943, he served in the U.S. Navy during World War II as a signalman aboard two ships. He was attached to the Navy Armed Guard. After graduating from Northwest in 1954, he received his master's degree in 1959, at Oklahoma State University.

He is survived by his wife, Patricia Bixler of the home in Maryville, two sons: Stephen Michael and wife, Julie Bixler, Lees Summit, Mo., Timothy Brien and wife, Julie Bixler, Mandeville, La., Grandson, Chad Bixler, Lee's Summit, Mo., granddaughter, Elizabeth and husband, Michael Carr, Washington, D.C., and brother, Gordon and wife, Dorothea Bixler of Boise, Idaho.

Funeral Services will be held at 1 p.m. Wednesday at Price Funeral Home Chapel, Maryville, with a visitation to be held prior to the service, from noon to 1 p.m.

Burial, with full military honors, will be at Nodaway Memorial Gardens Maryville.

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She is survived by her family: Marjorie and Paul Hansen, Maryville, and their children, Justin and Jennifer Hansen, Sun-

Stillwater, and continued with graduate work at the University of Missouri in Kansas City, the University of Missouri in Rolla and the University of Colorado in Boulder. He was awarded the Distinguished Educator Award in 1987 from Northwest.

He was secretary, treasurer and manager of the Northwest Missouri Teachers Credit Union for over 25 years and was awarded a plaque of recognition for 25 years of continuous service to the improvement of credit unions in Missouri in 1987.

He was a member of the First United Methodist Church in Maryville, Host Lions Club and American Legion. He earned his pilot's license at age 55 and loved flying his own plane for several years.

He loved to square dance, enjoying opportunities to "call," and won several trophies playing pool in Texas where he and his wife spent winters for several years. Additionally he had contributed several personal stories as well as humorous writings to the Penny Press and News Press, edited several mathematics textbooks and was thought to be a northwest Missouri historian.

George was preceded in death by his parents; brothers, Charles, Warren, Roy; sisters, Ella Fay Barratt, Dorothy Still, Pauline McQuerry, Lucille Hollingsworth, and granddaughter Ann Michelle Barratt.

George is survived by his devoted wife Marjorie of the home; sons, Robert (wife Janice) of Casper, Wyo., Calvin (wife Donna) of Kansas City, Kan.; daughter, Linda Joyce Turner (husband Richard) of Cherry Hill, N.J.; six grandchildren; two great-grandchildren; one brother; James Wilbur Barratt of Grandview, Mo.

Funeral Services were Monday, Jan. 8, 2007 at Price Funeral Home Chapel, Maryville, with a visitation Sunday. Burial was at Nodaway Memorial Gardens, Maryville.

Memorials may be sent to George W. Barratt Scholarship Fund, care of Northwest Foundation, 800 University Drive, Maryville, Mo. 64468.

**Reverend Monsignor Donald S. Miller**, Conception, Mo., died

Thursday, Dec. 14, 2006 at Heartland Regional Medical Center, St. Joseph.

Monsignor Miller was born in Parnell June 16, 1916 to Wyatt W. Miller and Esther Klaas Miller. His mother died in 1918 leaving two young sons, Donald and his brother, Wyatt Joseph. Their father and grandmother, Louisa Klaas, raised the boys. Donald attended public school in Parnell and then the Catholic school in Conception Junction, Mo. He attended the high school and college at Conception Abbey, and studied theology at Kenrick Seminary in St. Louis.

He was in his 65th year of priesthood. There were two special moments of his final year. In June he celebrated his birthday with many friends and family. In October he learned that he had received Pontifical Honors, being named a Chaplain to His Holiness, Pope Benedict XVI, receiving the title "Monsignor."

Monsignor Donald Miller was ordained a priest at St. Joseph Cathedral on May 30, 1942 by Bishop Charles LeBlond. Father was active in parishes for over 60 years until 2003, when he retired and moved to the Infirmary at Conception Abbey.

Covering a span of 30 years, he served in the Diocese of St. Joseph and then the Diocese of Kansas City-St. Joseph, as pastor at Sacred Heart Parish, Hamilton, Mo., St. John LaLande, Blue Springs, the mission of St. George in Odessa, St. Louis Parish, Kansas City and St. Mark Parish, Independence. He started the parish school at St. John and built the first church at St. George.

After he retired from active pastoral work, he spent the next 15 years as Senior Priest in Service first at St. Patrick Parish in Kansas City and then 12 years at St. Gregory Barbarigo Parish in Maryville.

In all of these parishes he promoted the Legion of Mary. In his early years, he and other young priests did street preaching in various towns in northwest Missouri. At other times he served on the marriage tribunal as secretary, promoted activities for youth, and in Maryville wrote monthly articles on religious topics for the Maryville Daily Forum.

He is survived by his wife, Patricia Bixler of the home in Maryville, two sons: Stephen Michael and wife, Julie Bixler, Lees Summit, Mo., Timothy Brien and wife, Julie Bixler, Mandeville, La., Grandson, Chad Bixler, Lee's Summit, Mo., granddaughter, Elizabeth and husband, Michael Carr, Washington, D.C., and brother, Gordon and wife, Dorothea Bixler of Boise, Idaho.

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She was preceded in death by her husband, Ora Rach; two infant daughters; parents, J.F. and Nellie Auten Beatty; brother, Orlo Beatty and sister, Viola Bower.

She is survived by her family: Marjorie and Paul Hansen, Maryville, and their children, Justin and Jennifer Hansen, Sun-

While a student at the school of Conception Abbey he studied organ under Fr. Gregory Huegle, O.S.B. in the 1930's. Always a lover of music he played the piano and organ and often accompanied the early Mass at St. Gregory's.

He was preceded in death by his parents and brother, Wyatt. He is survived by his sister Mary Jane Bennett and her husband, Levi, Kimberling City, Mo., several nieces, nephews, great nieces and great nephews.

Monsignor Miller's body laid in state Dec. 18, 2006 at St. Gregory Barbarigo Catholic Church, Maryville followed by a Legion of Mary Rosary. Wake Service was Monday, Dec. 18 at the Basilica in Conception.

Mass of Christian Burial was 11 a.m. Tuesday, Dec. 19, 2006 at the Basilica of the Immaculate Conception, Conception, with burial in St. Joseph's Cemetery, Parnell.

He was in his 65th year of priesthood. There were two special moments of his final year. In June he celebrated his birthday with many friends and family. In October he learned that he had received Pontifical Honors, being named a Chaplain to His Holiness, Pope Benedict XVI, receiving the title "Monsignor."

Monsignor Donald Miller was ordained a priest at St. Joseph Cathedral on May 30, 1942 by Bishop Charles LeBlond. Father was active in parishes for over 60 years until 2003, when he retired and moved to the Infirmary at Conception Abbey.

Covering a span of 30 years, he served in the Diocese of St. Joseph and then the Diocese of Kansas City-St. Joseph, as pastor at Sacred Heart Parish, Hamilton, Mo., St. John LaLande, Blue Springs, the mission of St. George in Odessa, St. Louis Parish, Kansas City and St. Mark Parish, Independence. He started the parish school at St. John and built the first church at St. George.

After he retired from active pastoral work, he spent the next 15 years as Senior Priest in Service first at St. Patrick Parish in Kansas City and then 12 years at St. Gregory Barbarigo Parish in Maryville.

In all of these parishes he promoted the Legion of Mary. In his early years, he and other young priests did street preaching in various towns in northwest Missouri. At other times he served on the marriage tribunal as secretary, promoted activities for youth, and in Maryville wrote monthly articles on religious topics for the Maryville Daily Forum.

He is survived by his wife, Patricia Bixler of the home in Maryville, two sons: Stephen Michael and wife, Julie Bixler, Lees Summit, Mo., Timothy Brien and wife, Julie Bixler, Mandeville, La., Grandson, Chad Bixler, Lee's Summit, Mo., granddaughter, Elizabeth and husband, Michael Carr, Washington, D.C., and brother, Gordon and wife, Dorothea Bixler of Boise, Idaho.

Funeral Services will be held at 1 p.m. Wednesday at Price Funeral Home Chapel, Maryville, with a visitation to be held prior to the service, from noon to 1 p.m.

Burial, with full military honors, will be at Nodaway Memorial Gardens Maryville.

**Neola Marie Beatty Rauch**, 96, Maryville, died Wednesday, Jan. 3, 2007, at Beverly Healthcare in Maryville.

She was preceded in death by her husband, Ora Rach; two infant daughters; parents, J.F. and Nellie Auten Beatty; brother, Orlo Beatty and sister, Viola Bower.

She is survived by her family: Marjorie and Paul Hansen, Maryville, and their children, Justin and Jennifer Hansen, Sun-

Grandparents are Harold and Lisa Lyle, Ravenwood, and Larry and Louann Meyer, Maryville.

Great-grandparents are Dean and Connie Hawk, Ravenwood, Earl and Carrie Margaret Lyle, Ravenwood, Francis and Mary Rose Heflin, Maryville, and Rose Meyer, Clyde, Mo.

Great-great grandmother is Helen Fare, Ravenwood.

**Ryosen Laine Stiens**  
Ryosen Laine Stiens was born Dec. 12, 2006 to parents Chris and Shelly Stiens, Maryville, at St. Francis Hospital.

Ryosen weighed 6 pounds, 9 ounces.

Grandparents are Gary and Debbie Kinder, Maryville, and Robert and Joyce Steins, Ravenwood, Mo.

Great-grandparents are Alice Miller, Lamoni, Iowa, James and Della Stiens, Maryville, and Cecil and Emerita Simmerman, Stanberry, Mo.

**Addison Josephine Yates**  
Addison Josephine Yates was born Dec. 29, 2006 to parents John and Tricia Yates, Maryville, at St. Francis Hospital.

Addison weighed 7 pounds, 7 ounces and joins one sister, Brea.

Grandparents are Joyce Tinsley, Maryville, and Tom and Mary Jo Yates, Davenport, Iowa.

Great-grandparents are Alice Miller, Lamoni, Iowa, James and Della Stiens, Maryville, and Cecil and Emerita Simmerman, Stanberry, Mo.

Great-great grandmother is Helen Fare, Ravenwood.

Great-great grandmother is Helen Fare, Ravenwood.

Great-great grandmother is Helen Fare, Ravenwood.

Great-great grandmother is Helen Fare, Ravenwood.

Great-great grandmother is Helen Fare, Ravenwood.

Great-great grandmother is Helen Fare



## HOME: Housing prices to increase for fall 2007 trimester

continued from A1

"We're trying to present what will be the fairest option," Courter said. "And we're answering questions and taking feedback."

Since a majority was in agreement with it, Courter said they put a packet together to be sent to the Board of Regents in advance before the meetings so they could think about it prior to the meeting.

"We always have to be six, eight months ahead," Courter said. Courter said in the market place food prices are rising along with prices of products. Some salaries are also going up.

"We make these estimates given the best information we have available, try to make the best informed judgment of what costs will be later on," Courter said.

In comparison with other Missouri Institutions, Northwest falls in the middle group for the 2006-07 school year. Courter said he doesn't know where the University will fall for next year, but he predicts to be in the middle group again. Northwest was probably the first on the list to raise rates for next year, he said.

"We've been sort of in the middle, and that's been true for many many years," Courter said. "I think the trend of the past will probably hold true again for next year."

Matt Baker, director of Residential Life, said he doesn't think the rate increase will hinder contract re-signing.

"Every year we have to increase the housing rates about the same percentage, ranging from 5 to 8 percent depending on the factors of the year," Baker said. "Our numbers have been relatively the same through the last five

years for room re-sign." Baker said he thinks the pricing isn't outrageous, but it's reasonable to get students through college in an efficient manner.

Rates for the next fall are set early so Residential Life is better prepared to answer students' questions when they sign up for next year's housing. Admissions staff can answer incoming students' questions and the Financial Aid staff will be better prepared to assemble award packages.

Provost Kichoon Yang predicts the increase will not have an effect on students choosing to stay on campus because of the variety of housing the University offers to students.

The increases are causing some students to reconsider their plans for housing next year.

Freshman Missy Kaplinger said she plans to stay on campus next year even though the rates are increasing, but she said she will choose cheaper campus housing.

She said she is choosing to stay because of her student loan, and the lap top and meal plans that are offered even though she isn't pleased about the rate increases.

"It's kind of upsetting," Kaplinger said.

Freshmen Natalie Swope and Lisa Porter said the increase may affect their decision to renew their housing contracts for next year depending on the scholarships and financial aid they receive.

"It's hard enough to pay for college now as it is, let alone with the increases," Swopes said. The rates that are set for next fall will not be changed between now and then, Courter said.

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## TOUCHDOWN!



SPENCER GREELY, 9, plays tag football with his sister Abbie, 7, on Tuesday afternoon. Temperatures reached a high of 55 degrees as of Wednesday afternoon according to the Weather Channel.

## INITIATIVE: Democrats find same issues to focus on

continued from A1

"Mr. President Bush just kind of needs someone to police him a little bit," Logsdon said.

Custodian Greg Rischer said the focus is in Iraq. "Let the government in Iraq take over and let them hire their own troops," Rischer said. "We should get them all out of Iraq before they all get killed."

A woman will lead congress for the first time in the history of the United States. Nancy Pelosi, a native of San Francisco and a representative of California, will serve as the Speaker of the House.

Northwest graduate assistant Amanda Francis said America is behind in having a woman leader and it was bound to happen.

O agreed. "Probably a little late, but I think it's good that it happened," Logsdon said. "She's a great lady."

Grass called Pelosi's appointing progressive. "Hopefully it opens a way that there won't be an issue when a woman is running for vice president or president," Grass said.

Since their control of congress began, the Democrats have moved forward with the increase of minimum wage and have discussed halting the sending of troops to Iraq.

## PRINCIPAL: Contract not renewed for next year

continued from A1

staff and the community to help solve problems within the school. The P.A.T. wants to promote positive attitudes between students, school staff and parents, according to Maryville.k12.mo.us.

It has four volunteers from each grade, including the previous year's graduates, counselors, student body president and Landherr.

"The Parent Advisory Team is intended to be a community tool," Miller said.

An application for the principal position at Maryville high school can be found at Maryville.k12.mo.us/job05.htm. The application deadline is Jan. 29.

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# SPORTS

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## - NW WOMEN'S BASKETBALL



NORTHWEST GUARD Meghan Brue, coming out of a medical redshirt season, is being counted on as a leader both on and off the court. Brue is now a starter for the 'Cats after a back injury kept her away from basketball for a year.

By Cali Arnold  
Community Sports Editor

Who would have guessed being forced to take a year off would have made such a difference?

Probably not even Meghan Brue herself. After starting the first 11 games of her Northwest career, to hardly playing, to being forced to medical redshirt her second season, Northwest women's basketball sophomore Brue is now a major leader on a team looking to make an impact on the MIAA conference.

### A quick beginning

Brue has been a winner from the beginning. A 2004 graduate of Underwood (Iowa) High School, Brue's team won back-to-back class 2-A state championships. Brue was at the helm as point guard, not only making the class 2-A all-tournament team, but also being named the class 2-A Player of the Year. Other honors, such as being a member of the all-western Iowa team, first team all-state, first team all-district and first team all-conference were all bestowed upon her.

South Dakota and the University of Northern Iowa recruited her, but Brue decided to make a phone call to

Northwest coach Gene Steinmeyer during her senior season.

Brue said she made the call, although she was not heavily recruited by Northwest, because she liked the size of the school and the distance from her hometown.

"I came on a visit, liked it, they liked me, and I decided to come here," Brue said.

Like her they did, and Brue came out quickly as a starting forward for the Bearcats in her first season of play. However, Division II basketball is a lot different than high school. The nerves were something she decided to use for her instead of against.

"I'd rather play with expectations than no expectations, for sure," Brue said. Having the chance to practice against then-teammate Ashley Poptanyez was a great help, according to Brue, to make the transition from playing a guard position to a forward. Poptanyez used her experience to teach rebounding and playing strong and confident basketball to her younger teammate.

see POISED on B4

# BOUNCING BACK

Peterson determined to have an injury-free season

By Brett Barger  
University Sports Editor

Junior forward Andy Peterson says he's never had a good year at Northwest.

Two out of Peterson's first three years have been injury-plagued. During his injury-free sophomore season, Peterson, dealing with lingering pain from a previous knee injury, started only eight games.

With two injuries in the first 13 games of the season, Peterson is undoubtedly cautious. After all, Peterson has started in nine of the team's first 13 games and is third in scoring and second in steals.

"Andy brings quite a bit to the table," Northwest coach Steve Tappmeyer said.

Peterson missed four games after spraining his medial collateral ligament in a win over Graceland on Nov. 21. Against Fort Hays State, Northwest's second conference game, Peterson suffered a concussion after taking a shoulder to the head but did not miss any time.

"It's been a grind these last three years, just staying healthy," Peterson said.

After graduating from Class 1 Grundy County, Peterson took part in the Lions All-Star Game, held at Bearcat Arena, which featured standout athletes from around the area. After the game, then Northwest assistant coach Darren Vordebruege approached Peterson about joining the Bearcats, an offer that he didn't take long to accept.

Before the all-star game, Peterson turned down an offer from Culver-Stockton College in Canton, Mo., and was already enrolled at the University of Missouri-Columbia when he was offered a scholarship to Northwest.

"We had to go through and cancel all of this stuff at Mizzou. It was late," Peterson said. "Mom and Dad still get letters addressed to the parents of Andy Peterson."

Peterson entered Northwest as a redshirt. While a red-shirt learns the system and practices, Peterson had to dedicate himself to a severe ankle sprain, which kept him out for two months.

Things got worse during his freshman year. Half-way through the conference season, Peterson suffered a torn anterior cruciate ligament in his right knee.

Intense rehab over the summer with help from the athletic training staff at Northwest helped Peterson prepare for a healthy sophomore season. Peterson finished the 2005-06 season, averaging 7.1 points per game.

Peterson said the first month of the season was the most difficult for him because his knee started to flare up and lingering thoughts of another injury loomed on his mind.

"The whole first year back from the ACL, I was favoring it. Maybe not consciously, but subconsciously, my body was favoring it. At times, it was hard."

Through the whole thing, when times got tough, Peterson said he appreciated what Kelly Quinlin, assistant athletic trainer, and David "DC" Colt, head athletic trainer, did to bring him back to the hardwood. Peterson also said his family, teammates and more importantly, his faith kept him positive.

"Everything happens for a reason and I believe that," Peterson said.

Through it all, Tappmeyer said Peterson brings leadership to the team on and off the court.

"Andy is someone who gives us really good leadership. He's got a maturity about him," Tappmeyer said. "Even when he's not playing good, he's not hanging his head or playing frustrated."

The potential of another injury doesn't keep Peterson from playing physical, especially as conference season begins to heat up.

"In this league, if you're not playing physical, you're just going to get burnt," Peterson said. "If you're not playing physical, you're not going to play."



Concussion, junior season (Northwest)

Concussion and broken collarbone, junior year (high school)

Sore knee, sophomore season (Northwest)

Torn ACL, freshman season (Northwest)

Sprained MCL, junior season (Northwest)

Sprained ankle, sophomore year (high school)

Severe sprained ankle, redshirt season (2003-04) out for two months

## - NW TRACK

# Track rebounds from long layoff

By Scott Levine  
Asst. Sports Editor

After having more than a month break, the Northwest men and women's indoor track and field coaches are ready to get back to action.

However, the coaches don't know if their teams are ready.

Both teams travel to Lincoln, Neb., Friday and Saturday. Men's coach, Richard Alsop, said he doesn't know how his team will perform.

"We send home suggested workouts, but we have no control whether they do it or not," Alsop said. "The average person, when confronted with eating and watching TV, doesn't do much."

"I don't have an indication on where they are right now, but I'm not holding my breath on them being in shape."

Alsop's team recorded seven top three finishes at the Iowa State Indoor Holiday Classic Dec. 8. Courtney Ingram and Ben McKim each notched second-place finishes in the pole vault and shot put, respectively.

That finish, accompanied with last season's second-place conference finish, has the Bearcats eyeing a first-place conference trophy.

see TRACK on B2

## - NW FOOTBALL

# 10 players earn honors

By Scott Levine  
Asst. Sports Editor

Several members of the Northwest football team earned postseason honors after finishing 14-1 this year. The Bearcats capped off the season in the national title game, losing to Grand Valley St., 17-14.

Seven players earned D2Football.com All-American mention, while 10 players landed on Don Hansen's All-Southwest Region team.

Kyle Kaiser, Thomas Smith and Ben Harness each reached first team All-American, along with first team All-Southwest Region.

Xavier Onon and Reid Kirby were named to the All-American second team. Kirby notched first team All-Southwest Region, while Onon garnered second team.

Ryan Waters and Mike Peterson each notched honorable mention All-American. Both landed first team All-Southwest Region.

All-Southwest Region also named Diezeas Calbert and Kendall Wright to the first team, and Joe Holtzclaw to the third team.

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—NW MEN'S BASKETBALL

## Men off to 4-0 conference start

By Brett Barger  
University Sports Editor

Last time the Northwest men's basketball team opened the conference season 4-0, the Bearcats advanced to the Elite Eight.

There is more work to be done, according to coach Steve Tappmeyer.

"It's a process. We just don't know what level we can take this team to," Tappmeyer said.

With a team that boasts four new starters, one thing that has been a pleasant surprise is the team's ability to come from behind in each of their four conference games. Their shining moment came against defending conference champion Southwest Baptist. After trailing by as much as 16, 11-2 Northwest came back for an 81-80 victory on Dec. 9.

"We haven't shown much quit...that's what I like," Tappmeyer said.

Emerging as one of the best in the MIAA is forward Hunter Henry. Henry is the only MIAA player that ranks in the top 10 in scoring (17.6), rebounding (7.2) and field goal percentage (.583). Henry has shown versatility, whether it be in the post or from downtown. In the loss to Midwestern State, Henry's nine points in the last two minutes tied the game. Northwest would fall 72-70 on a last second shot.

"It's hard to imagine going out there and competing at a high level without him (Henry) in there," Tappmeyer said.

After Northwest hosts Pittsburg State Saturday and Truman State Wednesday, the road will challenge the Bearcats. Northwest takes on No. 3 Central Missouri and then turns around to play No. 8 Emporia State.

"We've got to be able to go to other people's courts and our court and take care of business," point guard Reggie Robinson said.

"When I get open shots, my

teammates create it for me. I just try and knock it down," Hawkins said after the 69-58 win over the Ichabods.

During the last two games, Sullivan's late three pointers helped Northwest pull away from Missouri Western and Washburn. This season, Sullivan is second on the team in scoring with 11.2 points per game.

"My teammates have the confidence in me, so I was pretty much going to have to have the confidence in myself," Sullivan said after the win over Western.

Tough defense has been the key during Tappmeyer's tenure, but is more prevalent this season. Through the first 13 games, Northwest remains tops in the MIAA in scoring defense, field goal percentage defense and steals.

"You have to get emotionally and physically ready twice a week for a game that's going to take your best effort, or you get beat," Tappmeyer said.

For the most part, injuries haven't plagued Northwest. Andy Peterson missed some time after spraining his MCL in a win over Graceland on Nov. 21. In the Midwestern State loss, Henry sprained his ankle and has since recovered.

"It's important for us to have everyone healthy. Anything that disrupts the chemistry we've got going right now can really be a big blow to this team," Tappmeyer said.

While Henry has settled in as an elite player, players like guards Lance Sullivan and John Hawkins are contributing after spending the beginning of the season on the bench. Saturday, Hawkins poured in a career high 14 points, including three treys to help Northwest.

"When I get open shots, my

—NW WOMEN'S BASKETBALL

## Getting it together

By Cali Arnold  
Community Sports Editor

The Northwest women's basketball team is finding out what the MIAA conference is all about.

After starting the season with a 7-2 record, the Bearcats began conference play Dec. 9 with an overtime win on the road against then-undefeated Southwest Baptist. However, after a week of finals and during a long holiday break, the team suffered some setbacks.

A disappointing 75-48 loss at South Dakota Dec. 20 meant another nonconference defeat, but to a team with only one loss at the time. Ten days later, a 70-62 road win against MIAA opponent Fort Hays State was followed closely by a heartbreaking 72-69 loss to then-undefeated Missouri Western. A 71-57 road loss to Washburn finished off the break for the 'Cats.

"The biggest thing is the quality of teams we've played up to this point," Northwest coach Gene Steinhilber said. "It's been one challenge after another."

The 'Cats currently sit at 9-4 on the season and are tied for fifth in the MIAA with a 2-2 record.

Guard Meghan Brue said the



COACH GENE Steinhilber instructs the women's basketball team on Tuesday afternoon during practice held in the Martindale Gym.

loss at South Dakota was the end to a "weird" game.

"I don't even know what to say about it," Brue said. "We just didn't play well and we got slaughtered."

However, winning the first two conference road games of the year is a plus for the team. With five more road games, not counting Wednesday night's game at Missouri Southern (outcome not available at press time), winning is crucial to go along with

confidence in a heartbeat," Steinhilber said. "Within a half of basketball you can go from a team who thinks they're 10 feet tall and bulletproof to one who doesn't know if they'll even get another win, and that's what basketball's all about. Right now we have to be at the latter instead of the former. So we've just got to climb out of the hole and get some confidence."

Eight more home conference contests.

Steinhilber said the home loss to Washburn might have been the toughest the team faced over break. Between the loss and Wednesday's game at Missouri Southern, however, Northwest did not let up.

To get ready for the rest of MIAA play, Brue said the team had two-day practices before school started Monday, including early morning

practice finish in the 3,000. Senior co-captain Eric Isley fared well at Lincoln last year with a first place finish in the 800.

"From a team standpoint, expectations are focused on a conference championship," Alsop said. "We got second last year in indoor, but by the end of the meet, it wasn't that close."

"Certainly with this group it is reasonable to expect we will give the top teams a run for their money."

Young Bearcats

Along with the men's team, the women must adjust to a long layoff without much experience.

The Bearcats feature 10 upperclassmen with only two seniors. Kim Homan and Stacey Loemker are the

Lorek expects his team to do well this season after getting back into meet action Friday.

"The first meet back, we don't expect great things," Lorek said. "You get used to not competing, so you have to make adjustments mentally and physically."

Lorek said adjusting to the indoor track may also be difficult for a young team.

"It is a big adjustment for freshmen running indoors," Lorek said about his 18 freshmen. "Sometimes that adjustment doesn't happen until

their sophomores."

Along with Sherlock's second place finish, four other Bearcats finished fourth at the Iowa State Holiday Classic. Brandi Honeywell notched fourth in the long jump, while Emily Churchman's triple jump landed her fourth place.

"In the past, I had not performed well indoors, but the first meet went great," Honeywell said. "Now that I know the ropes I am more confident indoors."

Loemker and Hannah Henry notched fourth-place finishes in the weight throw and the 60-meter hurdles, respectively.

Although Karah Spader is out with an Achilles tendon injury, the Bearcats are healthy heading into the indoor season.

Healthiness, coupled with continued experience, may bring good potential in the Bearcat's coming year.

"If we stay healthy, we can build for the outdoor season, and we may break some records along the way," Lorek said. "I just want our team to be competitive every meet."

Both teams travel Friday to Lincoln for the Holiday Inn Invite.

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—MHS BASKETBALL

## Both squads tip off at Savannah tourney

By Sam Robinson  
Chief Reporter

Both Maryville High School basketball teams are in the midst of a busy week as the Savannah tournament tipped off Monday night.

While the young girls' squad stumbled out of the blocks Monday night in the form of a 52-34 loss to St. Joseph-Lebon, the boys took the court at 9 p.m. Tuesday as they and Savannah treated the tourney crowd to a thrilling overtime nightcap.

The Spoofhounds would ultimately come up short falling 56-53 to the Savages. The game featured the 'Hounds rallying back from a seemingly insurmountable 17-point deficit to force overtime.

Assistent coach Ryan Tool thought the team showed a lot of determination in coming back in the second half, but getting down early in overtime and having its leading scorer foul out soon after was too much to overcome.

"Andy Walter fouling out with two minutes remaining was a big loss offensively," Tool said. "We were trying to play catch-up and shifted into full court pressure and we just couldn't get that last basket we needed."

Walter's presence was missed as the junior scored 17 points prior to his exit in overtime.

The 'Hounds came out firing early, notching a first quarter lead, but that quickly evaporated as the Savages defense took the 'Hounds out of their rhythm. Four three pointers from reserve Travis Partridge helped give Savannah a 12-point halftime lead.

Maryville's struggles continued as the Savannah lead ballooned up to 17 points in the third period before Walter and the 'Hounds stormed back.

Behind Walter's dribble drives and penetration leading to several successful free throw opportunities, the 'Hounds forced a 48-48 deadlock at regulation's end. Stephen Staaschelm and John Hart, who scored 10 and 12 respectively, also helped Maryville close the gap.

"My shots weren't falling from three so I ended up shooting all from the inside after that," Walter said. "I got fouled a lot and took what they gave me. We fought back in the second half but we just couldn't quite finish it."

Savannah outscored the Walter-less Maryville squad 8-5 in overtime. The loss dropped the 'Hounds to 5-5 on the season.

Over the holiday break the team traveled to Liberty, Mo., for the William Jewell tournament.

Maryville was matched against bigger schools in Truman and St. Pius X. Bigger being the key word against Truman as Maryville faced 6-foot-10 center Steve Moore who scored 19 points and brought down 13 rebounds. The 'Hounds fell behind 28-14 at the half and despite a 21-point third quarter, lost 63-43. The following day brought Kansas City's St. Pius X. The 'Hounds played the Warriors within nine in the first half but ultimately fell 64-42. Walter led all scorers in the game with 17.

Maryville plays their second tournament game today against the Winnetonka JV team at 4:30 p.m.

On the girls' side, the woes continued as they opened the tournament with a 52-34 loss to St. Joseph-LeBlond Monday night.

For the majority of the first half, the 'Hounds kept pace with the Eagles with the score as close as 16-14 at one point. But the constant pressure applied by LeBlond throughout the second period forced many Maryville turnovers leading

to a 19-8 run to close out the first half.

The second half saw an improvement on defense but by then the deficit was too much to overcome.

"We played OK for three quarters but really struggled in the second," coach Grant Hageman said. "They pressured us on defense and we had a hard time getting into our offense. We just couldn't rebound from the it."

The loss marked the second of the season to the Eagles and dropped 'Hounds to 2-10 on the year.

Over the holiday break Maryville fared slightly better with the team going 1-4 over the three-week span.

The 'Hounds were plagued by turnovers and sub-par shooting at the LeBlond tournament in December, Hageman said. Maryville fell to East Buchanan in the first round 49-39 and narrowly lost to Falls City (Neb.) the next night. The team opened 2007 with a 58-29 loss to conference foe Lafayette last Thursday.

Their lone win over the break came over Clarinda (Iowa) on Saturday in nail-biting fashion. With under a minute remaining, junior Leah Wilmes sank one of two free throws to break the tie and give Maryville a 46-45 advantage that they would preserve to notch their second win of the season.

Hageman is seeing improvement from his team especially on the defensive side during a difficult portion of their season.

"We're trying to get better every single day," Hageman said. With three games in four days, this is the tough part of our schedule. We're a better defensive team now than we were in November and we still got half the season left and we want to be playing our best ball toward the end."

Over the holiday break, the team spent plenty of time on the mat. In addition to the Harrisonville tournament last Saturday, they faced Savannah on Dec. 20, and St. Joseph-Benton and Lafayette last week.

Against Savannah, Maryville lost

—MHS WRESTLING

## Warriors edge depleted 'Hounds

By Sam Robinson  
Chief Reporter

With two wrestlers from the starting lineup sustaining injuries Saturday in Harrisonville, the Maryville High School wrestling team faced a challenge in Chillicothe.

The Spoofhounds ended up falling to the Hornets 46-36 Tuesday night and missed several opportunities along the way.

"It was a very winnable," coach Joe Drake said. "We just didn't take care of things when we needed to. We weren't aggressive in matches where we led. We wrestled too passive and kept getting caught making foolish mistakes."

Without 140-pound junior Dakota Merrill, who suffered an elbow injury at Saturday's meet, and 189-pound Luke Lancaster, who was out with a shoulder problem, other starters needed to rise to the occasion.

Two who did so were 171-pound senior Cliff Robertson, a 2006 state qualifier, and junior Tanner Archer. Robertson pinned his opponent to take the victory and Archer aggressively went after his man from the outset and pinned his opponent within two minutes.

Drake would like to see more focus and aggressiveness from his team in the near future.

"We'll need more energy, right now taking care of business as it comes along," Drake said. "We're worrying about who's not in the lineup and we're not overcoming the difficulties well."

The loss drops the 'Hounds' record to 1-3.

Over the holiday break, the team spent plenty of time on the mat. In addition to the Harrisonville tournament last Saturday, they faced Savannah on Dec. 20, and St. Joseph-Benton and Lafayette last week.

Against Savannah, Maryville lost

At the Harrisonville tournament on Saturday, Maryville was one of only two class one teams at the 15-team meet dominated by class two and three schools. Yet in a gym filled with big schools and big wrestlers, the 'Hound who shined brightest was one of the smallest ones in freshman Danner Merrill. Merrill finished first in the 119-pound division by defeating his opponent in 3:44 to improve his record to 10-3. Robertson would finish second in his division as well.

Merrill believes the team is finding its stride as the season wears on.

"We were kind of slow at the start but we've picked it up and have been doing better and just listening to the coach," Merrill said. "Like against Lafayette it was really close in some of them (the matches) at the beginning, and then we just started pulling away."

Next up for the 'Hounds is the Plattsburg dual tournament Saturday.

Date	Activity	Time	Place	Maryville
1-13	Varsity wrestling	10 a.m.	@Plattsburg	Maryville
1-13	JV wrestling	9:30 a.m.	Maryville	Maryville
1-16	JV/V wrestling	7 p.m.	@Cameron	Maryville
1-16	F/JV/V boy's basketball	5 p.m.	Maryville	Maryville
1-18	F/JV/V girl's basketball	5 p.m.	@North Platte	Maryville
1-19	JV/V wrestling	7 p.m.	Maryville	Maryville
1-19	JV/V boy's basketball	5 p.m.	Maryville	Maryville
1-20	JV/V girl's basketball	TBA	@Savannah	Maryville
1-20	F/JV/V boy's basketball	5 p.m.	@Savannah	Maryville
	F/JV/V girl's basketball	5 p.m.	Maryville	Maryville
	JV/V wrestling	5 p.m.	Maryville	Maryville
	F/JV/V girl's basketball	5 p.m.	Maryville	Maryville
	F/JV/V boy's basketball	5 p.m.	Maryville	Maryville

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-COLUMN

# Celebrate newest inductees

Looking down the list of names that made the Baseball Hall of Fame Tuesday, a trend can be seen.

The end of innocence. Cal Ripken, Jr. and Tony Gwynn finished with the third and seventh highest voting percentages of all time, when the biggest story was: Will Mark McGwire get in?



Brett Berger  
University Sports Editor

Ripken and Gwynn are two of the last players in the "steroid age" that carried the game with grace and elegance. Both Ripken and Gwynn had 3,000 hits.

Ripken is more defined by his major-league record 2,632 consecutive games. Gwynn was known for having the purest swing and a National League-tying eight batting titles and both were clean. Ripken's head didn't suddenly grow a full hat size and Gwynn ate a few hot dogs in his playing days.

Ripken's consecutive games streak was the last celebrated milestone that has no questions behind it. Gwynn had a chance to bat .400 during a strike-

shortened 1994 season. These two players also played with one team—a fact that should be celebrated in a time where players leave a team before they get started.

In an ESPN.com article, Gwynn acknowledged that players knew of performing enhancing substances. "In the late 1980s and early '90s, we had no rules," Gwynn said. "We knew, players knew, owners knew, everybody knew and we didn't say anything about it."

Ripken expressed more regret for what baseball has endured in trying to clean up its image.

"It saddens me that baseball had to go through this," Ripken said. McGwire has buried his chances

with his infamous testimony, or lack thereof, on Capitol Hill. Performance enhancing substances or not, McGwire's career numbers do not give him enough for enshrinement.

If you look at his career, what is he known for? 1998. His 70 home runs shattered a 37-year record. If the writers elected players for their memorable career milestones, then Roger Maris should be right behind McGwire.

So, instead of focusing on McGwire and the things he may or may not have done, players like Goose Gosage, who was a closer before being a closer was fashionable, need to be put in the hall where they belong and leave the cheaters at home.

## POISED: After year off Brue leads team on and off the court

continued from B1

### A turn for the worse

The end of her freshman year didn't go as well as it started.

Brue went from starting to hardly playing, which took a toll on the player's spirits. She would rather have been playing.

"It was really—not miserable, but it wasn't very much fun," Brue said. "I learned a lot my freshman year, just about everything in general."

Her sophomore year started much like the previous one ended. After trying to play through the pain in her back, Brue was forced to take a medical redshirt for the year. Steinmeyer said it was probably the best that that ever happened, although for her it was miserable. "It was really hard, really hard," Brue said. "I hate watching a game and not being able to play. It kills me. It makes me cry. If I sit there and don't play I get tears in my eyes. I hate it. It was really hard. I didn't enjoy it at all."

Doctors never figured out for sure what happened to the player's back. The chipping between disks in her spine wasn't right, and it is assumed a sack of fluid may have

burst, causing Brue to barely be able to walk or sleep.

After much rehabilitation in the Northwest fitness center, as well as with doctors in her hometown, Brue said the pain now only returns after numerous days of tough practices in a row.

### Starting anew

This season started a little rough for the returning sophomore.

Brue didn't start at the beginning of the season. That is no longer the case.

"When she got healed she played with the team last summer," Steinmeyer said. "She's a good player, we recognized that from the start. But you know, whenever you sit out for a full year, you're going to be rusty, and Meghan was rusty. But she's not rusty anymore. She's that kind of player. She's the type of player who can carry us."

Brue is now one of the starting five and leads the team in field goal percentage (.467), points scored (178) and average points per game (13.7).

"Last year, sitting out all year, it just made me want it a lot more than I did after my freshman year," Brue said. "...I still had the desire to play, but it was just a little bit harder since



NORTHWEST GUARD Meghan Brue gets past William Penn University defenders prior to conference play.

I didn't get to play that much.

Then I had to sit out a year and it just made me miss it, it made me miss playing in games and stuff, and realizing that all the preseason, all the postseason and all the practice that goes with it are for the games. I really enjoy games, so it definitely motivated me."

Steinmeyer and Brue aren't the only people happy to have her back on the court. Point guard Kelli Nelson said her teammate not only helps her out with guard duties, but also knows how to play no matter where she is on the court.

She notes Brue's ability to drive the lane, cause players to foul her and helping at the post on defense as a few things she can accomplish on the court.

"A lot of the younger girls, and us (upperclassmen) even, are trying to do some of the things she does to help our game," Nelson said.

Steinmeyer wants Brue's overall attitude to spread over to the rest of his team.

He said her ability to not get into mind games and not worrying about the petty things are some of her greatest assets, as well as just having fun on the court.

"She says the right things, she does the right things, and I think she truly means it," Steinmeyer said. "It's not just player talk to coach talk. She really knows what's important to basketball, she knows how to take advantage of her strengths and hide her weaknesses."

Even with all her talent, Brue thinks only as a team. She has only one goal, and that is to win. "I just want to be good, I want our team to be good," Brue said. "That's the most important thing. That's all I really care about; I just want us to win. It's not fun to lose at all."



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-INTRAMURALS

## 'Spice of life'

### New intramural games offered

By Scott Levine  
Asst. Sports Editor

The campus recreation staff is providing something different to Northwest students second trimester.

Along with traditional favorites, basketball and volleyball, three new sports have been added to the intramural list.

Ultimate Frisbee, previously an intramural activity, is making a comeback, while court soccer and tube water polo, are new to this trimester's line-up. Graduate Assistant Cody McDowell said that new sports give students variety.

"We like to rotate our activities," McDowell said. "We keep the main ones like basketball, volleyball and bowling, but depending on participation, we may try something different."

### Introducing new sports

New sports are developed different ways. In one instance, the staff may discuss new possibilities. On the other hand, outside sources can introduce new ideas.

Recreation Sports Director Bob Lade said the staff tries to offer the best sports for students.

"Variety is the spice of life," Lade said. "We try to switch some sports from year to year to the next."

"We get these ideas a number of ways, but one way to find new sports is at the national convention."

Court soccer was one of those new sports introduced to Lade at the national convention. This new activity is a form of indoor soccer, so Lade and McDowell said this should give people what they requested.

"This really fit into our facility schedule," Lade said. "A number of people have requested indoor soccer and this is the best way to play for our facility."

This form of indoor soccer is played on the racquetball courts. McDowell said the rules are the

same as racquetball, except players kick a soccer ball, as opposed to using a racket.

Court soccer starts in March, while ultimate Frisbee makes its comeback in April. Tube water polo, played like water polo except your body is in a tube, begins in April.

### The regulars

No matter what sports are being added, students flock to basketball and volleyball during second trimester. McDowell said these are the most popular sports and they gain attention from fraternities and sororities.

Derek Smith, a member of the TKE fraternity, said intramurals play a big role in fraternities.

"If we know about intramurals, then we most likely will join," Smith said. "We like participating and we're pretty open to any sport."

The larger sports are split into four divisions of fraternities, sororities, men and women. Smaller sports are divided into two groups and water polo is one.

Despite basketball and volleyball's popularity, second trimester's numbers do not exceed first trimester's participation.

The fall season totaled 1,974 students last year, while second trimester tallied 1,830. McDowell said this happens because the popular fall sports, football and softball, require more players.

"We get really good numbers for basketball and volleyball, but they don't have as many people," McDowell said. "But the spring does offer another popular activity in bowling. That gets good participation from the fraternities and sororities."

The intramural season opens Tuesday, and with 11 sports offered, there shouldn't be much trouble finding a likeable sport.

For more information on intramurals, visit Northwest's Web site and click on athletics, or visit the Student Recreation Center.

### UPCOMING INTRAMURALS

■ Dodge ball—entries close at noon, Wednesday, Jan. 17

■ 5-on-5 basketball—entries close at 4 p.m., Wednesday, Jan. 24 and 4 p.m., Thursday, Jan. 25

■ Racquetball doubles—entries close at noon, Wednesday, Feb. 7

■ Bowling—entries close at noon, Wednesday, Feb. 21

■ Court Soccer—entries close at noon, Wednesday, April 11

noon, Wednesday, Feb. 28

■ Volleyball—entries close at 4 p.m., Wednesday, March 14 and 4 p.m., Thursday, March 15

■ Rock the Rec—10 p.m. - midnight, March 29

■ Ultimate Frisbee—entries close at noon, Wednesday, April 4

■ Bench press—7 p.m.-8:30 p.m., April 11

■ Tube water polo—entries close at noon, Wednesday, April 11

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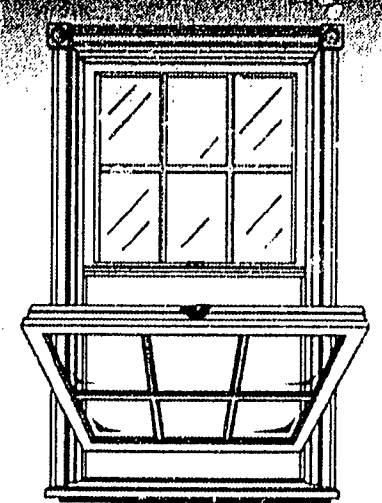
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To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries (March 21-April 19)**  
Today is a 6 — It's unlikely you'll get everything you want if you go after it all by yourself. So relax, and let somebody else go and get it for you.

**Taurus (April 20-May 20)**  
Today is an 8 — Proceed to take care of whatever issues you've been contemplating. Move quickly now, while the time is right. Put your plan into action.

**Gemini (May 21-June 21)**  
Today is a 7 — You're lucky, especially if you're working with a good advisor. Don't even try to come up with all the answers on your own.

**Cancer (June 22-July 22)**  
Today is a 5 — Matters seem to be going well, all things considered. Continue to fix up your own place before taking on new projects.

**Leo (July 23-Aug. 22)**  
Today is a 7 — Your luck improves dramatically as you improve your own skills. Winning in just about everything gets a lot easier, too.

**Virgo (Aug. 23-Sept. 22)**  
Today is an 8 — Shopping should go well, especially for household items. You could find an excellent deal in real estate too, if you want some.

**Libra (Sept. 23-Oct. 22)**  
Today is a 7 — The subject that was confusing not very long ago is beginning to seem very easy. It's amazing how that happens.

**Scorpio (Oct. 23-Nov. 21)**  
Today is an 8 — You're still gaining money without doing any more work. Obviously, you have a system figured out that works for you.

**Sagittarius (Nov. 22-Dec. 21)**  
Today is a 7 — Your honesty is appreciated now. As you well know, that isn't always the case. So educate them clearly, simply and with confidence.

**Capricorn (Dec. 22-Jan. 19)**  
Today is an 8 — You'll be asked to reveal some things you've kept private, to advance your career. The higher you go, the more transparent you'll have to become, so keep it clean.

**Aquarius (Jan. 20-Feb. 18)**  
Today is a 6 — You need to hang out for a while with people who will renew your sense of humor. You need psychic rejuvenation. Do something downright goofy.

**Pisces (Feb. 19-March 20)**  
Today is a 7 — You have hidden resources you may have forgotten about. Some of them may be stuff that's greatly increased in value. Find out how much you really have.

-STROLLER

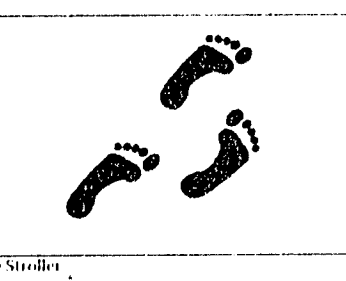
## Your Man hates living in dorms

When I first saw the brochures advertising Northwest, I thought, "Wow those people look so happy. Living on campus should be swell. It'll be a chance to meet a lot of new and interesting people."

If I had picked Mason Dixon to beat Rocky in Rocky 999, or whichever number we're on, I wouldn't have been more wrong.

Living in the dorms is a lot like being in prison. I mean that. Not just because both places are awful and smell and are neglected, but because they are strikingly similar. Let us examine.

1) Roommates. In prison they call them cellmates, but it's all semantics right? In prison your cellmate is likely to be some drugged-out psychopath. In college it's the same thing, but he/she probably won't try to rape you. On the flip side, your cellmate won't steal your stuff because you won't have anything to steal.



The Stroller

2) Nothing but rules. No drinking. No smoking. No fornicating. Well that last one's not a rule but who wants to do it while your roommate watches and belts out a cover of Dancing Queen by Abba or Funky Cold Medina by Tone Loc. I don't. Nor do I want to pay \$1,700 a semester to have some narc RA tell me I'm wrong for "accidentally" peeing on the couch in the lounge. "It wasn't my fault Aaron that couch was giving me lip." In prison it's the same thing, but at least in there you get to smoke.

3) Lack of privacy. I don't

know about you guys, but sharing a bathroom with 50 people who may or may not have the Bearcat clap doesn't get me excited to drop trou and bow. Showering is a whole other issue. In prison shower time is like recess. In college it's more like show and tell, which is a problem, when, like me, your "show and tell" is not worth showing or telling.

\$500 a month. That's how much it costs to live in the dorms. That seems a little steep for sexual abstinence and a Russian roulette's chance at the Bearcat Clap. So I have a solution for all you cash strapped co-eds. Crime. Just commit a crime. You'll live rent-free for five-to-10 years. As an added bonus you get a free meal plan. Plus, the chance to meet new and interesting people just like at Northwest.

Only, in prison I'd rethink bringing a date back to your place.

## SU|DO|KU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 thru 9; none of the numbers can repeat.

2	6	3	9	1				
		2		6	7	4		
			7			3		
	3				6			
		9						
9			5					
6	3	8		2				
		5	1	6	9	2		

## Crossword

ACROSS  
1 Indistinct vocalization  
7 Silent actor  
11 Money roll  
14 Co-founder of "The Teller"  
15 Tennis stats  
16 "Town"  
17 Sailing areas  
18 Scatter about  
20 Necassato  
22 Multi-dock game  
23 Play part  
24 Coward of note  
26 Those folk  
27 Bookcase board  
30 Actress  
31 Waterspoon  
32 Anger  
34 Decorative strip  
36 Dole on  
38 Chinese-related  
39 Add to payroll  
40 Picturesque  
43 Pasted guards  
47 Trumphet  
48 Take it easy  
50 Sake day  
51 Scawent, e.g.  
53 Skater's leap  
55 TV watchdog agency  
56 Trugged  
58 Fine point  
59 Have a little  
64 Haitian religion  
66 Humpty Dumpty  
67 Turned  
68 Largest continent  
69 Mr. Hemingway  
70 Ruby of "Peyton Place"  
71 Suggestive look

DOWN  
1 Chinese food additive  
2 Netherlands city  
3 Come back in  
4 Encounter  
5 Forearm bone  
6 Pine sap  
8 Frozen hangar  
9 Southwestern plateaus  
10 Cable sin.  
11 Adoration  
12 Slink  
13 Wishful thinker  
14 Have a little  
15 lamb  
21 Address Sophia  
22 Pompos foot  
23 Always  
24 Always, poetically  
25 Low-fat  
26 Hindu wonder-worker  
31 Gyrate  
32 Ground  
33 Small rodents  
37 Scant  
38 Put a curse on  
40 Exchanged  
41 Academic institution  
42 Devour greedily  
43 Coltrane's instrument  
44 Non-Christian, to  
45 Christians  
46 Completely surround  
46 Cul-de-  
49 Gary Player's nickname  
52 Commercial spots  
54 Flood shield  
57 Two-part  
58 Soften  
60 British conservative  
61 Top-notch  
63 Corn serving  
65 Giant legend  
66 Mei

**Solutions**

1 ACROSS: 1. Indistinct vocalization: **MOAN**  
7. Silent actor: **SHADE**  
11. Money roll: **ROLL**  
14. Co-founder of "The Teller": **JOHN**  
15. Tennis stats: **RA**  
16. "Town": **TOWN**  
17. Sailing areas: **SAILS**  
18. Scatter about: **SCATTER**  
20. Necassato: **NECASSATO**  
22. Multi-dock game: **DOCK**  
23. Play part: **PLAY**  
24. Coward of note: **COYARD**  
26. Those folk: **THOSE**  
27. Bookcase board: **BOARD**  
30. Actress: **ACTRESS**  
31. Waterspoon: **WATERSPOON**  
32. Anger: **ANGER**  
34. Decorative strip: **STRIP**  
36. Dole on: **DOLE**  
38. Chinese-related: **CHINESE**  
39. Add to payroll: **PAYROLL**  
40. Picturesque: **PICTURESQUE**  
43. Pasted guards: **PASTED**  
47. Trumphet: **TRUMPET**  
48. Take it easy: **EASY**  
50. Sake day: **SAKE**  
51. Scawent, e.g.: **SCAWENT**  
53. Skater's leap: **LEAP**  
55. TV watchdog agency: **WATCHDOG**  
56. Trugged: **TRUGGED**  
58. Fine point: **FINE**  
59. Have a little: **LITTLE**  
64. Haitian religion: **HAITIAN**  
66. Humpty Dumpty: **HUMPTY**  
67. Turned: **TURNED**  
68. Largest continent: **AFRICA**  
69. Mr. Hemingway: **MR. HEMINGWAY**  
70. Ruby of "Peyton Place": **RUBY**  
71. Suggestive look: **LOOK**

**1/12/07**

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# Resolve to resolve in

# 2007

By Lindsay Jacobs, Tara Adkins  
Asst. Features Editor, Features Editor

Plopped on a stool all day with waves of Domino's heavy in the air, makes squeezing into that desired bikini for a spring cruise tough.

Beth Sandau and Tiffany Scott, employees at The Sport Shop, neighbors to Domino's in Maryville, are teaming up to rid the extra padding they packed on during the holidays through their new years resolutions.

"Being in college you gain a lot of weight and I didn't want to be the typical student," Sandau said.

Once the clock strikes midnight and the final scrap of confetti flutters to the floor, many people vow to make changes in the new year.

Despite past failures, people remain determined to follow through with resolutions this year by setting goals for motivation.

"Usually I'm saying a resolution with no intentions to do it, but this year is going to be different," said Lindsay Kenny owner and head floral designer at Bittersweet Floral and Gifts.

Kenny wants to kick her smoking habit. Additionally, with the help of her cousin, she wants to shed a few pounds. To do so, the duo joined the Maryville

Community Center's New Year's Challenge 2007.

The challenge is one of many businesses' attempts to follow the trend of health and wellness resolutions the new year promises.

Participants are divided into teams and weighed in to compete in the challenge of most overall weight loss and increased activity. Winners could receive gift cards, iPods and clothing.

"With a partner, people have someone to come workout with and they know they have to back it (the resolution) up," said community center receptionist Becci Schimming.

Hy-Vee noticed an increase in sales of low-fat foods and diet books and sent out a publication including exercise and healthy suggestions on better eating, said Greg Chapman, store director.

"People eat better to hold on to that for as long as they can and we develop a healthier attitude," Chapman said.

Although diet and exercise are common physical resolutions, people are trying out attitude changes too.

Amber Cook of Cook's Computer strives to stay positive about daily life and encourages others to not give up on they want.

"(My resolution is to) be happy and live each day to the fullest," Cook said.

"You only live once...be happy and keep smiling."

Ken Carmichael of Carson's Sports Grille wants to continue building success within his restaurant but feels empty resolutions are pointless.

"If a resolution is important enough you will keep it and to set one just for setting one is wasted effort," Carmichael said, "Do what you say you're going to do and keep your mouth shut if you don't intend to keep it."

To avoid unfulfilled resolutions, CNN.com recommends a strategy of preparation, planning and confidence.

Set attainable goals by making them simple. Instead of striving to exercise every day, make a goal of exercising two to three days a week to be more successful.

Reward yourself for avoiding temptation. Spend the extra money saved from not smoking to buy something you couldn't afford before.

Keep a diary or journal to record the resolution process to notice the positive steps over time.

A week after making new year changes, Maryville residents are staying strong in their fight against temptations and bad habits.

"Stay committed. Make a goal and go for it," Sandau said. "It's all on you."

## 5 easy steps to a New Year's Resolution

**STEP 1:** Be realistic by setting achievable goals. Winning the lottery, for example, is out of your grasp.

**STEP 2:** Describe your resolutions in specific terms. Instead of "I don't want to be lazy," opt for "I want to exercise regularly" or "I will cut down on my television watching."

**STEP 3:** Break down large goals into smaller ones. For instance, commit to losing weight by resolving to join a gym and improve your eating habits.

**STEP 4:** Find alternatives to a behavior that you want to change, and make this part of your resolution plan. So you want to quit smoking but you smoked to relax yourself? What other forms of relaxation are available to you?

**STEP 5:** Above all, aim for things that are truly important to you, not what you think you ought to do or what others expect of you.

### Checklist to keep a resolution

- ☒ 1. Try again
- ☒ 2. Don't make too many resolutions
- ☒ 3. Choose your own resolution
- ☒ 4. Make a plan and write it down
- ☒ 5. Involve friends and family
- ☒ 6. Forgive yourself for temptation
- ☒ 7. Congratulate yourself with rewards

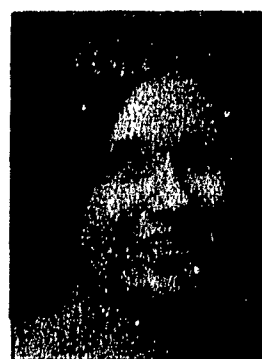
(according to American Psychiatric Association  
www.healthyminds.org.)

### Can't think of something to resolve? Here is a list of commonly made New Year resolutions

- 1. Lose weight
- 2. Stop smoking
- 3. Stick to a budget
- 4. Save more money
- 5. Find a better job
- 6. Become more organized
- 7. Exercise more
- 8. Be more patient at work / with others
- 9. Eat better
- 10. Become a better person

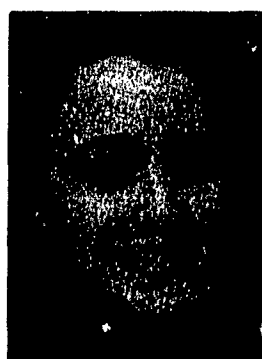
(according to www.centracare.com)

### STAFFRESOLUTIONS



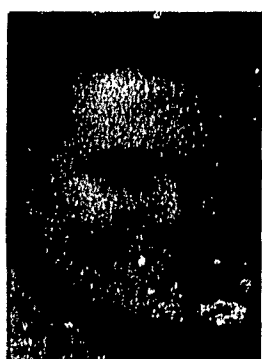
"To be happy,"

Stephanie Stangl  
Editor-in-Chief



"To run every morning,"

Jessica Schmidt  
Managing Editor



"To make more time for studying,"

Evan Young  
Copy Editor



"To graduate and get a job,"

Mike Dye  
Photography Editor



"To stop procrastinating,"

Kristin Summers  
University Editor



"To be positive,"

Lindsay Jacobs  
Asst. Features Editor